

## Indoor air pollution can affect everyone's health

Air pollution can be a major health concern - it is the largest environmental health risk in the world.

By working together we can make a healthier, greener borough for everyone. No action is too small.

- 'Air pollution' means when harmful gases, particles, and chemicals get into the air.
- We spend up to 90% of our lives indoors and some indoor spaces can have more air pollution than outdoors.
- When we breathe in air pollution, it can harm our lungs, hearts and brains.
- It can also make us unwell by triggering existing illnesses, such as asthma.

## Some people are more vulnerable to air pollution than others



Expectant parents



Babies and children



People who have heart or lung problems



Older people (65 and older)



## Remember

### Ventilation



- Regular ventilation is important.
- We recommend using extractor fans and, if safe and possible, opening windows.

### Indoor burning



- Burning anything indoors creates air pollution.
- Cigarette smoke, wood burners, candles, incense, and coal fires all worsen indoor air quality.
- Consider switching to electric heaters to improve comfort and cut down on pollution.

### Household products



- High-chemical cleaning and beauty products can affect indoor air quality.
- Cleaning products made from natural ingredients are better for indoor air quality and our environment.

### Want to find out more?

Visit our project webpage for more information, by scanning this QR code.



# Your guide to healthier air indoors

We can work together to improve indoor air quality



# What are we doing?

Lewisham Council are helping residents understand and improve our indoor air quality. This is part of our Air Quality Action Plan 2022-2027, which aims to improve the health of those that live, work and study in the borough. Some of our projects include:

## Working with nurseries and care homes

- Older people and children are particularly vulnerable to indoor air pollution's health impacts.
- We're working with nurseries and care homes to monitor air quality inside their buildings and explore ways to improve it.

## Working with schools

- Young people need healthy indoor environments to learn and grow in.
- We're working with students at primary and secondary schools to monitor air quality inside their buildings and explore ways to improve it.

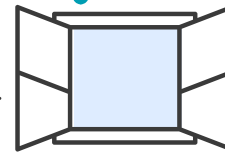


# What can you do?

Harmful air pollution can come from many sources indoors. By making a few changes, you can make a big difference to everyone's health.

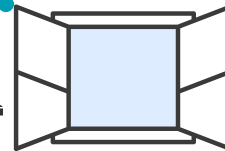
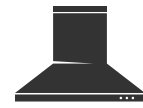
Opening windows or using the extractor fan while showering helps to reduce moisture and prevent mould

Drying clothes outside, or inside using a dehumidifier/tumble dryer, helps to reduce moisture and prevent mould



Using liquid/solid natural products, rather than high-chemical sprays, can help to protect health

Opening windows or using the extractor fan when cooking helps to remove steam, smoke, and toxic gases

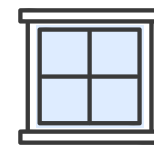


Vacuuming regularly can help to remove dust and other allergens, like pet hair



Closing windows near busy roads during rush hour helps to limit how much outdoor pollution comes inside

Fires/stoves, candles, incense, and smoking release air pollution indoors



Install a carbon monoxide alarm in all rooms containing fuel burning appliances

Faulty boilers can release carbon monoxide – carbon monoxide is a silent killer – have your boiler serviced by a qualified professional at least once a year